

Safe Landing

We believe youth in a foster home can be successful when the family and youth have the right support at the right time. The Safe Landing team works closely with youth and their foster families to develop and carry out a plan to help meet the family's goals. Families can receive any combination of the following services.



Child and family counseling in your home



Psychiatric services



Family meetings guided by a therapist



Safety plan and mental health crisis response



Parent coaching and support



Connection to other services

Services are free of charge.

Please send referral to safelanding@integralcare.org.

If you have any questions, please call **512-804-3167**.

Who should I refer?

This program is currently accepting referrals for children residing in foster care in Travis County who are experiencing difficulties in their placement or are at risk of discharge.

Symptoms in children could include:

- Low mood/sadness: Crying, isolation, thoughts of suicide
- Anxiety/worrying: Excessive worrying, avoiding stressful things, panic attacks
- Anger: Aggression toward others, outbursts, frequent fighting
- Changes in sleep: Sleeping too much, difficulty falling or staying asleep, nightmares, fatigue
- Sexually reactive behavior

If a foster parent is expressing concerns, they may benefit from Safe Landing.

How do I refer?

Please send referral to safelanding@integralcare.org. If you have any questions, please call 512-804-3167.

If you have concerns about our services or staff, please contact us at feedback@integralcare.org or at **512-440-4086**.